

# CONNECTIONS INC

Employee & Family Solutions | Employee Assistance Programs

Vol. 22 #1

## A Message from Matt

### The Great Resignation

We've all heard the term at this point and some workplaces are feeling the pinch. There has never been a better time to engage your team and show them your appreciation for what they do. Plenty of research has shown that engaged employees are more productive, team-oriented, and more likely to stay. Great managers set aside time each week to recognize their employees, not simply because it increases engagement and reduces turnover, but because it is the right thing to do.



MATT VISSER, CEO  
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"Remember no one can make you feel inferior without your consent."

-Eleanor Roosevelt



ANDY VISSER  
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## Donna Van Peurseem has joined the Connections team

Matt Visser, CEO, Connections Inc. EAP, is proud to announce that Donna Van Peurseem has joined the Connections team as our Clinical Case Manager and Quality Review Officer effective January 1, 2022!

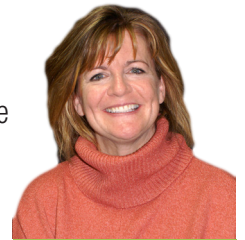
You may have already met Donna as she has conducted our annual Leadership Development training since January 2020. However, we are excited to have her join our team in this new capacity!

Donna comes to Connections with a working knowledge of both mental health and academia. She grew up on a farm in Sheldon, Iowa where her family raised crops and livestock. She has the privilege of living and working in rural communities for the past two decades which has allowed her to witness the opportunities and challenges that impact rural communities daily.

Donna is a licensed social worker who earned a Masters of Social Work degree from the University of Nebraska. She is a Northwestern College graduate who has extensive experience in individual, marital, family and group therapy. Prior to joining Connections, Donna was a mental health therapist at the Creative Living Center in Rock Valley, Iowa, and a therapist for Family Service in Omaha, Nebraska.

### A Word from Donna:

*I am proud to have served Connections EAP for the past two years conducting the annual Leadership Development training. I am looking forward to continuing in this role and also serving as the Clinical Case Manager. I am passionate about the services that Connections provides and plan to continue promoting and encouraging people to utilize them. I'm looking forward to working with you!*



DONNA VAN PEURSEM

**Connections Inc. Employee Assistance Program's** mission is to provide holistic assistance products and services that support optimum productivity, team work and healthy community in the workplace.

Connections Inc. Employee Assistance Program mission statement since 1988

# NOTEWORTHY:

**Supervisor's and all leadership staff must be quick to suggest contact with the EAP.** Suggesting an EAP assessment IS NOT A DIAGNOSIS OF MENTAL ILLNESS! When unsettling matters draw a leader's attention, suggest the EAP as an "assessment intended to identify solutions" not a suggestion the person 'needs mental health care.' With this in mind, we share the following information.

**DRUG OVERDOSE DEATHS IN THE US.** The Centers for Disease Control and Prevention (CDC) indicates there were an estimated 100,306 drug overdose deaths in the US for 12 months ending in April 2021, a record high and a 28.5% increase over the same period a year prior (South Dakota and three eastern seaboard states are exceptions with no increase in overdose deaths.) Opioid-involved deaths lead the spike! The highly concentrated synthetic 'fentanyl' playing a significant role. Deaths from *prescription pain medications* also increased. These dangerous drugs are available at much lower prices and much larger quantities than in the past. Cartels in Mexico are producing fentanyl and methamphetamine with chemicals acquired from China. Much of this product is crossing the southern border of the United States. <https://www.hmpgloballearningnetwork.com/site/ap/news/cdc-annual-drug-overdose-deaths-top-100000-record-high>



**SUICIDE ATTEMPTS.** About 4 in 10 Americans who attempt suicide don't get mental health care, claims a new study that also found a "substantial and alarming increase" in suicide attempts. 2008-2019 survey data on self-reported suicide attempts in the last 12 months indicates the incidence of attempts increased from 481/100,00 to 564/100,000 adults. Women, young adults ages 18-25, unmarried people, people with less education, regular substance users of alcohol or marijuana showed the largest increases in suicide attempts over the 11-year period. The only significant decrease in suicide attempts was among adults ages 50-64, according to the study published Jan. 19 in JAMA Psychiatry. With an annual death toll that has risen 60 percent in recent decades, suicide is one of the top 10 leading causes of death in the United States. Between 1999 and 2018, the rate of suicide in the population increased by 35 percent, dipping for the first time, by 2 percent, in 2019, CDC data shows. <https://consumer.healthday.com/suicide-2656438853.html>

**4 in 10**  
Americans who attempt suicide don't get mental health care.

A graphic consisting of ten stylized human figures in a row. The first four figures are orange, and the remaining six are green. Below the figures, the text reads "4 in 10 Americans who attempt suicide don't get mental health care."

## Maynard's Corner

Every employee needs a proactive Employee Assistance Program. I have heard from many employers who are trying to help their team through the trials of today. The most common concerns are employee morale, employee retention and employee focus.



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That is the backbone of my opening remark. Connections Inc. EAP is that proactive, engaging and highly visible program that answers those concerns.

Please contact me for a no-obligation Proposal of Services. We are here and happy to help!

**NEXT ISSUE: SUPERVISOR, CAN YOU HEAR ME? (7 Things Fabulous Listeners Do Differently)**



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